

# NUTRITION LOG

Date: \_\_\_\_\_ to \_\_\_\_\_

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<b>Your name:</b>	
Your Short Term Goals:	
Your Ultimate Goal:	
	<b>Program start date</b>

Your Information	
Age	
Gender	
Height (Feet)	
Height (Inches)	
Weight (Pounds)	
Chest (Inches)	
Waist (inches)	

MEAL 1:						
Food Name	Portion	Calories	Protein	Carbs	Fat	
Total: Calories: _____ Protein: _____ Carbs: _____ Fat: _____ Notes: _____						

Suggestions & Notes	

MEAL 2:						
Food Name	Portion	Calories	Protein	Carbs	Fat	
Total: Calories: _____ Protein: _____ Carbs: _____ Fat: _____ Notes: _____						

MEAL 3:						
Food Name	Portion	Calories	Protein	Carbs	Fat	
Total: Calories: _____ Protein: _____ Carbs: _____ Fat: _____ Notes: _____						

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